Snaith-Hamilton Pleasure Scale (SHAPS)

(Snaith et al., 1995)

Rated on a 4-point Likert scale: 0 = strongly disagree, 1 = disagree, 2 = agree, 3 = strongly agree, except for items marked with *, which are reverse coded with answer choices as follows: definitely agree, agree, disagree, and strongly disagree

1. I would enjoy my favourite television or radio programme.
* 2. I would enjoy being with my family or close friends.
3. I would find pleasure in my hobbies and pastimes.
* 4. I would be able to enjoy my favourite meal.
* 5. I would enjoy a warm bath or refreshing shower.
6. I would find pleasure in the scent of flowers or the smell of a fresh sea breeze or freshly baked bread.
* 7. I would enjoy seeing other people's smiling faces.
8. I would enjoy looking smart when I have made an effort with my appearance.
* 9. I would enjoy reading a book, magazine or newspaper.
10. I would enjoy a cup of tea or coffee or my favorite drink.
11. I would find pleasure in small things, e.g. bright sunny day, a telephone call from a friend.
12. I would be able to enjoy a beautiful landscape or view.
13. I would get pleasure from helping others.
14. I would feel pleasure when I receive praise from other people.

Scoring: Items marked with * are reverse coded with answer choices as follows: definitely agree, agree, disagree, and strongly disagree. All other items are simply sum-scored.

https://datashare.nida.nih.gov/instrument/snaith-hamilton-pleasure-scale

Snaith, R.P., Hamilton, M., Morley, S., Humayan, A., Hargreaves, D., & Trigwell, P. (1995). A scale for the assessment of hedonic tone the Snaith-Hamilton Pleasure Scale. *Br J Psychiatry, 167*(1), 99-103.